

Safe Eating Guidelines for Fish from Lake Nacimiento

Mercury in Nacimiento Lake Water is not a hazard

Fish are nutritious and should be part of a healthy, balanced diet. It is important, however, to choose your fish wisely. The American Heart Association recommends healthy adults eat at least two meals of fish a week. The County of San Luis Obispo recommends that you choose fish to eat that are lower in mercury. Most types of fish from Lake Nacimiento contain high levels of mercury, due to mercury in the sediment in some areas of the lake. The County Public Health Department provides the following recommendations to reduce the risks from exposure to methylmercury in fish from the entire lake, including the Narrows.



Pregnant women
Breastfeeding women
Women of childbearing age
Children 17 years and younger

DO NOT EAT

White bass or any black bass (spotted bass, smallmouth and largemouth bass)
Catfish, bluegill or other sunfish, carp, crappie



Men
Women beyond childbearing age

EAT IN MODERATION No more than 1 meal a week

Catfish, bluegill or other sunfish, carp, crappie

DO NOT EAT

White bass or any black bass (spotted bass, smallmouth and largemouth bass)

CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS

Women of childbearing age and children can safely eat up to two meals a week of most fish purchased in a store or restaurant. In a week when you eat two meals of fish purchased from stores or restaurants, avoid eating fish caught from a local water body. The fish from stores or restaurants that generally have some of the lowest levels of mercury are: shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole. Women of childbearing age and children should not eat shark or swordfish, which contain the most mercury.

FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY

Not all water bodies in California have been tested. With the exception of ocean or river-run salmon or steelhead, which may be consumed more frequently, fish caught from places without an advisory should be eaten in limited amounts.